

READY,

SET,

WALK!



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Log on. Lighten Up.



Week 9: *When is the best time of day to walk?*

Whatever time of day you will consistently do it!

While the best time of day to walk will vary from person to person, studies have shown that those who exercise in the morning are more likely to stick with it long-term. There are generally fewer distractions first thing in the morning. Walking in the morning will raise your heart rate and metabolism, helping you to burn calories. You will feel more energetic and mentally sharp for hours after you've completed your morning walk. If you are walking outdoors in the spring and summer months, the temperature will generally be cooler and there will be less air pollution.



For those who aren't "morning people," choosing another time of day may be better. Walking over your lunch hour will give you an opportunity to share time with a co-worker - or "kill two birds with one stone" by having a walking meeting. If you walk at lunch time it may help you cut down on the amount you eat at the noon meal. It also will improve your energy level and mental awareness for the remainder of the day.

Some people enjoy an evening walk, either right before or after dinner. At this time of day, your muscles are warmed up and flexible, and your lung function is high. Walking just prior to dinner can help curb your appetite and act as a stress release. If you walk in the evening, be sure to allow yourself plenty of time to wind down before heading to bed or you may have difficulty sleeping. As with all forms of exercise, consistency is the key, so choose a time of day that can easily become a habit for you.

Beginner's 12 Week Walking Schedule

WEEK	SUN	MON	TUES	WED	THU	FRI	SAT
9	30 min	40 min	40 min	30 min	40 min	40 min	50 min

Visit www.inshape.in.gov for more online advice from First Lady Cheri Daniels.

Choosing the Right Carbohydrates

Now that you've adopted a new walking program into your healthier lifestyle, don't sabotage your efforts by cutting out or limiting carbohydrates. *Carbohydrates are the body's main energy source - and the preferred fuel to power your muscles.*



Carbohydrates in Foods & Beverages

The only foods that don't contain carbohydrates are fats, oils, meat, poultry and fish. Everything else does. The right carbohydrates provide energy (calories) along with vitamins, minerals and natural disease-fighting phytochemicals: fruits, vegetables, 100% juices, grains and dairy products. Carbohydrates that wouldn't be as "right" include granulated sugar, honey, jellies and jams. They provide calories without significant nutrients.

Fruits, Vegetables & Juices

- ❑ Don't forgo starchy vegetables. These vegetables - peas, corn, potatoes - just have more carbohydrates than other vegetables, yet they're packed with fiber, vitamins, minerals and disease-fighting nutrients.
- ❑ Choose 100% fruit juices with no added sugars like orange, grapefruit and pomegranate-blueberry juice. 100% juices don't include any sugar ingredients in the Ingredient Statement listing. 100% juices provide energizing carbohydrates along with antioxidants and many nutrients. The sugar content listed on the Nutrition Facts panel refers to the sugars (carbohydrates) naturally in the fruit.

Grains & Breads

- ❑ Choose whole grain versions of pasta, cereal, breads and bagels for maximum protein and nutrients in these fiber-rich carbohydrate choices.

Dairy Foods

- ❑ Choose heart-healthy fat free or lowfat 1% milk and reduced fat, light cheeses.
- ❑ Instead of nonfat flavored yogurts sweetened with sugar or honey, choose those made with no calorie sweeteners.

Tip for Liquid Calories

Most beverage calories are carbohydrate calories. Account for them within your daily calorie budget. Try [Thirst Quenching Ways to Reduce Calories](#).

The Community Corner

Area IV Agency 22nd Annual Senior Games

20 Different Recreational Events for those age 55 and older (medals awarded!)

When: June 9th - 13th

Where: Various Locations throughout Greater Lafayette and the surrounding area. Square Dancing and Skee Ball have been added this year. Senior Games is for individuals age 55 and over who live in Benton, Carroll, Clinton, Fountain, Montgomery, Tippecanoe, Warren and White Counties. [Click for Details](#) or contact the Senior Games Hotline 765.447.7683 or 800.382.7556

Take Steps for Crohn's & Colitis

When: Saturday, June 14th @ 5pm - registration & 6:30pm program begins

Where: South Bend @ College Football Hall of Fame

For more information, or to form a team, please email Dawn Drinkut ddrinkut@ccfa.org. We are also available to answer questions and other inquiries @ 317.259.8071 or 800.332.6029 [Click for details](#) and [Register](#) today to Take Steps and Be Heard in 2008!

American Diabetes Association's Tour de Cure

When: Saturday, June 14th

Where: Indianapolis Motor Speedway

Details: The Tour de Cure lets you get up-close with one of the nation's most famous landmarks. This family-friendly bike ride includes four fun route options, designed for all abilities! Contact the American Diabetes Association @ 1.888.342.2383 or www.diabetes.org/tour.

2008 Run for Ronald 5K Run/Walk

Benefits the Ronald McDonald House of Indiana

When: Saturday, June 21st @ 9am

Where: Indianapolis, NCAA Hall of Champions along the canal, Pre-Register before June 19th - \$20, Race Day - \$25, kids under 10, free! [Register for this event online](#)

Warsaw Arthritis Walk

When: Sunday, June 22nd

Where: Lake/Senior Center at Winona Lake.

Contact: Ginger Dodd 260.672.6570

[Click for Details](#) Registration @ 1:00pm. 1 or 3-mile Walk begins @ 1:45. The first 50 people registered will receive passes to the Zoo. Walk as an individual or a team - anyone raising \$100 or more will receive an official Walk t-shirt. Canines are welcome!

YMCA of Michiana - Forth Annual Night Moves 5K Run/Walk

When: Friday, July 11th @ 7:30 pm

Where: YMCA of Michiana, 1201 Northside Blvd., South Bend, IN

What: 5K Run/Walk that includes a 1-mile Kids Fun Run/Walk, after event cookout, live music & awards. Corporate teams are encouraged to compete.

Contact: Mike Ghyselink @ 574.287.9622 ext. 113 [Click for Details](#)

Three Rivers Family Fun: Bike, Walk or Run!

When: Saturday, July 19th @ 9am - Noon

Where: Fort Wayne, starting at Lawton Park - Clinton and 4th

Cost: \$5 for individuals or \$10 for families

Choose among a 2-mile walk, 3-mile run or a 6.5-mile (13 mile roundtrip) bicycle ride. Trailers for children and strollers are permitted. The event will conclude with a raffle, offering several prizes for lucky participants. Registration will also be accepted on the day of the event at 8:15. All participants must check in prior to the start of each event. Arrive early to secure a parking spot.

Contact the *Parks Department* @ 260.427.6000 [Register for this event online](#)

Friends of Columbian Park Zoo's Zoo Run Run 5K Fun Run and Walk

When: Saturday, July 19th @ 8:30am

Where: Columbian Park Zoo, Lafayette, Indiana

Details: A family-oriented fun run and walk to benefit Columbian Park Zoo. Race will be followed by a pancake breakfast and celebration of zoo's 100th birthday. [Click for Details](#) or contact Paige Ebner @ 765.807.1545, email: focpz@lafayette.in.gov.